

BEAT THE HEAT

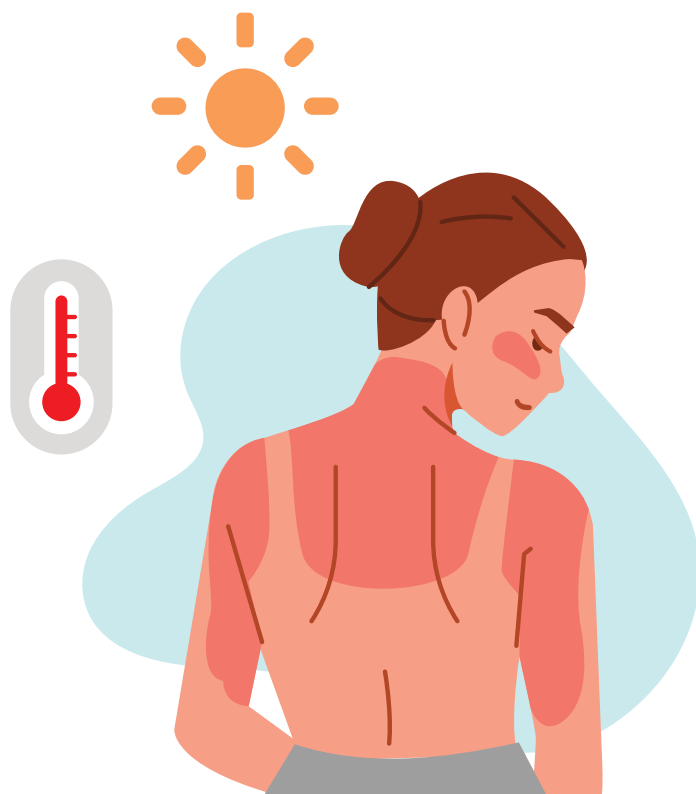
Frequently Asked Questions

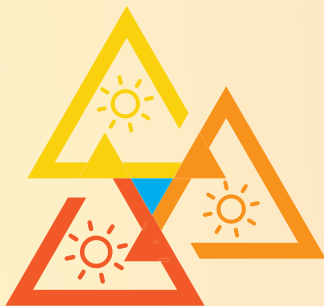
Sunburn

A sunburn is a form of skin damage caused by excessive exposure to ultraviolet (UV) rays from the sun. It results in the reddening and inflammation of the skin, which can vary in severity.

Symptoms:

- **Redness and discoloration:** The affected skin appears red or redder than usual, and can feel warm or hot to the touch.
- **Pain and tenderness:** The sunburned area is often painful, sensitive, or tender.
- **Swelling:** Some people may experience swelling in the affected areas.
- **Blistering:** In severe cases, small to large blisters can form, which may break and cause further pain and risk of infection.
- **Peeling:** A few days following the burn, the affected skin may start to peel and itch as the body tries to rid itself of damaged cells.
- **General fatigue and malaise:** Particularly with severe sunburns, individuals might experience headaches, fever, nausea, or fatigue.





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How to manage it:

- **Cool the skin:** Apply cool compresses to the sunburned areas or take a cool bath.
- **Hydrate:** Drinking plenty of water helps to rehydrate the skin and body, as sunburn can cause fluid loss through the skin.
- **Moisturise:** After cooling the skin, use aloe vera or a soothing moisturiser (consult with your doctor or pharmacist) to help alleviate the discomfort and keep the skin moist.
- **Protect the skin:** Keep the sunburned areas covered to protect from further UV exposure. Avoid further sun exposure: Stay out of the sun until the sunburn heals to prevent further damage.
- **Consult with your doctor or pharmacist for pain relief medication.**
- **Monitor for severe symptoms:** In cases of extensive burns, severe pain, dehydration, fever, or blistering, seek medical attention.

